

Red lentil & pumkin soup

ingredients:

¼ cup olive oil
1 onion
2 cloves garlic
1 stalk celery
½ tspn cumin powder
approx 5 stalks fresh coriander, chopped (save leaves for serving)
1 tspn turmeric
2 cups red lentils, washed and soaked
approx 250 gms pumpkin
1½ litres warm water
1 TBLSPN veg stock powder
Salt and pepper to taste

method:

1. Wash and finely chop onion.
2. Place a heavy based pot over medium heat.
3. Add oil and begin to fry onion.
4. Finely chop garlic and add to onion.
5. Wash and dice celery then also add to pot, fry for a few minutes then add the cumin, turmeric and fresh coriander. Fry for another minute or so.
6. Peel and cut pumpkin into 1 cm cubes. Stir into pot, then stir through drained lentils
7. Add all other ingredients and bring to boil then simmer over low heat until lentils are cooked.
8. Adjust with salt and pepper or spices.
9. Sprinkle coriander leaves on top when serving.